

**KY TEACH PROJECT**

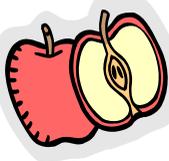
KY Commission for Children with Special Health Care Needs  
333 Waller Avenue, Suite 300  
Lexington, KY

Phone: 859-252-3170 or 800-817-3874  
Fax: 859-225-7155



**EMAIL US!**  
kytransition@aol.com

*Do you need help finding resources or services in your area? Here's a website that can help:  
www.kycares.net*



**FUN RECIPE:**  
**Apple Dip**

**What you need:**

- 1 (8 ounce) package cream cheese
- 1/2 cup brown sugar
- 1 tablespoon vanilla extract

**What you do:**

In a medium-sized mixing bowl, combine cream cheese, brown sugar and vanilla. Mix well until all of the brown sugar has been blended into the cream cheese and vanilla. (You can also add peanut butter, nuts or make with strawberry flavored cream cheese for a whole new taste!) Serve with apple slices for a healthy snack!  
(makes 4 servings)

**SUMMERTIME WORD SEARCH**

G M S C S G G J S S T R U C S  
 X N U U Q U E B U U E K Q A T  
 O W I V N S I N F M S K H M U  
 A Z N X O S S T M R W S Y P O  
 U H W N A H C U G W I O H I K  
 L Y Z P I L S R N E M E G N O  
 U E N N Y R E O E U M Z N G O  
 V G E M Y C I R B E I L K D C  
 S R O O D T U O F W N Z W G S  
 U W L B A T H I N G G E J N Y  
 L S B C A S R X P A A O A I E  
 T O A N V R N S X T B S P Y W  
 J V J D O D C W H O X X L A A  
 I J L E E Q I E Y Y L Y C L R  
 G N I D A E R S P O R T S P M

CAMPING  
 COOKOUTS  
 FRIENDS  
 JOB  
 OUTDOORS  
 PLAYING  
 READING

RELAXING  
 SPORTS  
 SUMMER  
 SUNSCREEN  
 SUNSHINE  
 SWIMMING  
 VACATION  
 WARM

If you have a joke or riddle you would like to be featured in the next newsletter send it to:

KY TEACH PROJECT, 333 Waller Avenue, Suite 300, Lexington, KY 40504

Word Play Answers: 1. Arrogant; 2. Abundant; 3. Pageant; 4. Defendant; 5. Pennant; 6. Hesitant; 7. Constant; 8. Transparent; 9. Participant; 10. Instant

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**INDEPENDENCE**



CCSHCN  
Summer, 2001

**SUCCESSFUL LIVING:**  
**Stuff you might not learn in high school but you should probably know anyway!**

Ever since you were small you've probably heard countless people tell you how important education is to your future. Although education is crucial, there are many things that you need to know that aren't taught in most high school classes. While not as important as reading, writing and arithmetic, these are still very necessary life skills that can make getting along in this world much easier (and a lot more fun!)



In this issue of the newsletter we will begin a four-part series on life skills. These are things that you should know how to do by the time you become an adult. On the next page you will find a list of some of these skills. Check and see how many of these things you can already do, and make it a point to learn how to do those things you can't do yet.

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Kentucky  
Commission for CSHCN  
Regional Offices and  
Phone Numbers:

- Ashland**  
800-650-1329
- Barbourville**  
800-348-4279
- Bowling Green**  
800-843-5877
- Edgewood**  
888-542-4453
- Elizabethtown**  
800-995-6982
- Hazard**  
800-378-3357
- Hopkinsville**  
800-727-9903
- Lexington**  
800-817-3874
- Louisville**  
800-232-1160
- Morehead**  
800-928-3049
- Owensboro**  
877-687-7038
- Paducah**  
800-443-3651
- Salversville**  
800-594-7058
- Somerset**  
800-525-4279

## LIFE SKILLS LIST

### DOMESTIC SKILLS:



- Cook (don't just open and pour!) breakfast, lunch and dinner
- Wash and iron clothes without ruining them (plus removing spots and stains)
- Replace a button, baste a fallen hem and polish your own shoes
- Make a loaf of bread (without the use of a bread machine!) or bake a cake from scratch

### HEALTH SKILLS:



- Understand your body and how your health condition affects you. Describe your condition to others.
- Know how to keep yourself healthy (good nutrition, daily exercise, no drugs/alcohol) and be alert to signs of any secondary disabilities you might get (such as skin problems, infections, depression)
- Know the names and side-effects of your medications and take meds in the right dose at the right time.

### SOCIAL SKILLS:



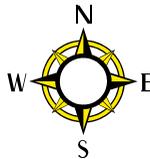
- Carry on a conversation for 15 minutes with a person you don't know
- Speak before a small group of friends for a few minutes
- Tell a joke well enough so that everyone gets it and maybe even laughs
- Learn enough ballroom dancing so that you can have fun at parties (trust us on this one!)

### OUTDOOR SKILLS:



- Spend the day in the woods with friends without getting lost, bitten or covered with a rash
- Bait a hook, catch a fish, then clean and cook it

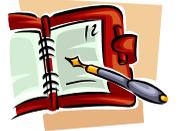
### ORIENTATION SKILLS:



- Get around town on a bus even if you usually walk or drive
- Read a map—including road maps
- Know how to determine north, south, east and west without a compass when you are outside.

*Adapted from Parade Magazine, March 25, 2001 and KY TEACH Competencies for Young People Transitioning to Post Secondary School and/or Work, February, 2001.*

## HEALTHY LIVING: Keeping In Touch With Yourself By Keeping a Journal!



Summer is here and you finally have that free time you've been longing for! Isn't it amazing how quickly free time can turn into "boooooorrring!!" Make a commitment to yourself to spend some of that free time on you this summer. A good way to do this is to start keeping a journal.

Journal writing can be a wonderful way to help you remember who you are, what you like, what you are good at, and what is important to you. It's also a great way to help you tap into that creative side you might not even know you have! You might find a natural poet or storyteller just dying to get out! You don't have to be Stephen King or have a fancy leather bound notebook to keep a journal—

remember this is all about who you are!

Promise yourself to set aside just 15 minutes a day to write or draw in your journal. Write down your thoughts and feelings and things that are on your mind. Sometimes just putting your thoughts on paper can make you feel better. However, the best part about keeping a journal is that not only are you improving your writing skills, but you are discovering more about who you are each and every day! (Plus it's pretty cool to look back at your journal after a few months and see how much you have changed!) So pick up a pen and start writing and drawing! You never know who you'll find!



## WORD PLAY - Feeling Antsy

Summer means picnics and picnics mean...ANTS! If you're feeling "antsy", here's something to keep you busy. Each definition below is for a word that ends in the letters ant. Can you get them all? (Answers at the end of the newsletter!)

1. proud and conceited
2. plentiful
3. elaborate show or spectacle
4. person on trial
5. flag or banner
6. doubtful or dawdling
7. steady, continual
8. move something from one place to another
9. someone who takes part in an activity
10. very short moment